

Which characteristics are associated with going OUTSIDE for people living with DEMENTIA in nursing homes?

A cross-sectional study



Introduction

Despite known benefits of going outside for people living with dementia, going outside is still not a normal part of daily nursing home practice.

Research questions

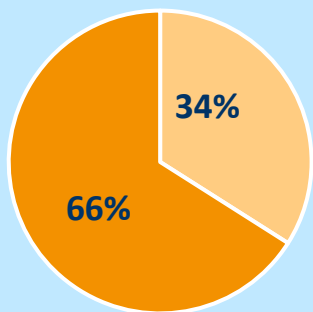
1. How often do people living with dementia in nursing homes go outside?
2. Which resident characteristics are associated with the frequency of going outside?

Methods

Design: Cross-sectional study
Data source: Survey that was carried out by Statistics Netherlands (CBS) in collaboration with The Netherlands Institute for Social Research (SCP). A subset was used.
Setting: 353 Dutch nursing homes (2019)
Participants: People living with dementia (N=693)
Outcome measures: The frequency of going outside, sociodemographic, health and function-related characteristics, external factors, wishes and satisfaction, and quality of life.
Analysis: Univariate and multivariate logistic regression (including variables with $p \leq 0.30$)

Results

Frequency of going outside



■ Rarely or never
■ Often



75.2% female



86 years of age
(IQR = 81-91)



76.6%
without a partner

Characteristics of people living with dementia in nursing homes who go outside often compared with those who rarely or never go outside (Nagelkerke $R^2 = 0.172$)



Receive visits more often
(OR = 1.68)



Have less severe physical impairments
(OR = 0.17)



Use less pain medication
(OR = 0.61)



Experience higher positive affect
(OR = 1.10)



Feel less at home
(OR = 0.86)

Learning outcomes

- Two in three people living with dementia in nursing homes go outside often.
- Receiving visits, pain medication, the level of physical impairments, positive affect, and feeling at home were independently associated with the frequency of going outside.

Discussion

These findings are the first step in developing specific interventions that will contribute to people living with dementia going outside more often.



Contact: m.van_der_velde@lumc.nl

